

Colds are Caught in October That Last all Winter

In most parts of the United States October is the pleasant month of the whole year. And yet October has special liabilities for those who are subject to catching cold.

September is liable to be warm, and thin clothes are worn almost universally. When October begins the nights get colder, and the days also. Yet people will cling to their thin clothes. The negligee shirt without vest is so comfortable, that the men do not like to give it up. Sleeveless underwear and peek-a-boo waists have given so much comfort during the hot months that the women lay them aside with great reluctance. So it is that thin clothes are carried over into the month of October, and a great many millions of people carry them a little too long. Frequently, catching cold is the result.

A cold acquired in October may last several months and do great

damage. In spite then of the fact that October is a pleasant month, it is a month that presents special liabilities for catching cold. Of course the best way to fortify one's self against cold is to avoid exposure, but people will not always do this, hence colds are the result.

To have a remedy handy to break up a cold is almost a household necessity. It has been at least thirty-five or forty years that Peruna has been a standard household remedy for coughs and colds.

It is generally sufficient to take a few doses at the first appearance of a cold. The experience of the people has been, if taken in the early stages of a cold Peruna is prompt in its action. The cold disappears very quickly.

Those who object to liquid medicines can now procure Peruna Tablets.—Advertisement.

The Lamson Business College

announces the opening of a

Course in MILLINERY

Starting MONDAY, OCTOBER, 20th, under the personal direction of MRS. PAULINE I. COLODNY, who has taught this subject in the High Schools of the East for several years.

The course will consist of pattern making, frame-making, both wire and buckram—and the various stages of covering with straw, velvet, silk, etc., and trimming. Artificial flower making, buckles, ornaments, bows, and all millinery fancies are taught in this course, also discussion on color combinations and correcting types for various occasions, as well as remodeling and renovating.

A complete course for which a diploma will be awarded will extend over two terms of three months each, two hours a day, five days a week. One term will be devoted to summer work and one to winter work. Upon completing this course and the securing of a diploma, one will be fully equipped to go into any workroom and be able to hold a good position. The terms for this course will be fifty dollars in advance, or thirty dollars for three months, twelve dollars for one month.

An EVENING COURSE of two six month terms for business girls will be open Monday, Wednesday and Friday, and the terms for this course will be three months, fifteen dollars, six months twenty-five dollars. A diploma will be offered at the successful completion of this course.

For those desiring to learn enough about millinery to be able to make their own hats, a special course of two afternoons each week will be offered, terms five dollars per month. No diploma will be given for this course.

FOR FULL PARTICULARS CALL AT THE LAMSON BUSINESS COLLEGE, 117 N. 1ST AVE. OR PHONE 2064.

Don't Forget to Eat

Get Into the Habit

and Don't Miss Us

GOLDEN RULE CHOP HOUSE

At Once! Clogged Nostrils Open, Head Colds and Catarrh Vanish

Breathe Freely! Clears Stuffed-up, Inflamed Nose and Head and Stops Catarrhal Discharge. Cures Dull Headache.

Try "Ely's Cream Balm."

Get a small bottle anyway, just to try it—Apply a little in the nostrils and instantly your clogged nose and stopped-up air passages of the head will open; you will breathe freely; dullness and headache disappear. By morning the catarrh, cold-in-head or catarrhal sore throat will be gone.

End such misery now! Get the small bottle of "Ely's Cream Balm" at any drug store. This sweet, fragrant

balm dissolves by the heat of the nostrils; penetrates and heals the inflamed, swollen membrane which lines the nose, head and throat; clears the air passages; stops nasty discharges and a feeling of cleansing, soothing relief comes immediately.

Don't lay awake tonight struggling for breath, with head stuffed; nostrils closed, hawking and blowing. Catarrh or a cold, with its running nose, foul mucous dropping into the throat, and raw dryness is distressing but truly needless.

Put your faith—just once—in Ely's Cream Balm and your cold or catarrh will surely disappear.—(Advertisement.)

The Lighted Way

PACIFIC GAS &
ELECTRIC CO.

The bright lights in your store and windows attract the crowds and draw trade. The PROGRESSIVE Merchant of today uses the best medium for out-door publicity.

Electric Sign and Display Lighting

Have our representative call and tell you about our low, flat rate for this class of business. You will be interested.

LOCAL LODGE LORE

From Governor Hunt.

Governor Hunt of Arizona has written the following letter to the president of the Fraternal Education association along the lines of Fraternal Science:

August 16, 1913.

Dear Sir:

I desire to acknowledge receipt of the printed bulletin dealing in part with the influence of fraternal organizations in public life.

I will be glad to hand this bulletin to a representative of one of the local newspapers at the first opportunity. I thoroughly believe that fraternal organizations of the right kind can do a great amount of good in the way of upholding ideals of citizenship.

Wishing you continued success in your work. Yours very sincerely,
GEORGE W. P. HUNT,
Governor of Arizona.

The Redmen.

The Improved Order of Redmen met in regular session Thursday evening. Business of importance was transacted. At the next regular meeting two vacancies of office will be filled. The members are pleased with the good attendance. Several new candidates are to be initiated at the next meeting. The members of the Pocahontas are pleased with the progress they are making. At their last meeting a luncheon was given and about 100 members attended. The Pocahontas are mourning the loss of their organization Sister Barnes, who died here last Saturday. The body was shipped to Denver, Colorado. Next Thursday night a good attendance is expected.

Grand Army of the Republic

The G. A. R. J. W. Owen Post No. 8, Department of Arizona, met in regular session at 2:30 p. m. on October 15. We had a short session of about twenty minutes, when we adjourned to the spacious hall occupied by the W. R. C. to enable the ladies to prepare the banquet or campfire in the dining hall. We had with us members of Cos. A and B of the National Guard of Arizona to repay a like campfire given by them to us at the armory on Memorial day. Also, as guests, Governor Hunt, Capt. Geo. D. Christy, C. H. Akers, General Harris, Captains Grinstead, Earl Hill, Temple and La Garde, besides several veterans who with us, their hosts, and the Woman's Relief Corps surrounded the well-laden tables.

The feast was opened by the chaplain, Comrade McDole, invoking the divine blessing, and the commander, Wm. M. Grier, extending a welcome to all present. The toastmaster, Captain P. P. Parker, presided and

"O! O! That Itching!" Stopped Instantly

Try ZEMO; Skin Troubles Vanish.

Buy a 25c Bottle Today and Prove It.

Glory! A remedy for skin troubles that makes everybody smile and say "Hoo-ray!" If you have that terrible



"Give Me ZEMO, Quick! It is Guaranteed to Stop this Terrible Itching Instantly."

Very, unrelenting itching, scorching, raw eczema, prickly heat, rash, nettle, irritated or inflamed skin, blotches, pimples or blackheads. ZEMO will relieve all the results of ZEMO.

ZEMO is a clean, antiseptic solution, not a grease or ointment. It vanishes at the first application; it is absolutely guaranteed or money refunded. Use it on the baby, too. It gives immediate relief in all skin troubles. Dandruff and scalp itching vanish.

"Suffered 23 years with eczema. Finally tried ZEMO. It cured me sound and well. That was 15 months ago. ZEMO is a blessing." Mrs. S. Eason, Hope, Ark. Druggists everywhere sell ZEMO for 25c a sealed bottle, or sent direct on receipt of price by E. W. Rose Medicine Co., St. Louis, Mo.

Sold and guaranteed in Phoenix by Elvey & Hulett.—Advertisement.

DARKEN GRAY HAIR, LOOK YOUNG, PRETTY

Grandma's recipe of Sage Tea and Sulphur darkens so naturally that nobody can tell.

Almost everyone knows that Sage Tea and Sulphur, properly compounded, brings back the natural color and lustre to the hair when faded, streaked or gray; also ends dandruff, itching scalp and stops falling hair. Years ago the only way to get this mixture was to make it at home, which is messy and troublesome. Nowadays, by asking at any drug store for "Wyeth's Sage and Sulphur Hair Remedy," you will get a large bottle of this famous old recipe for about 50 cents.

Don't stay gray! Try it! No one can possibly tell that you darkened your hair, as it does it so naturally and evenly. You dampen a sponge or soft brush with it and draw this through your hair, taking one small strand at a time; by morning the gray hair disappears, and after another application or two, your hair becomes beautifully dark, thick and glossy.—Advertisement.

called for addresses or toasts from the guests, which were well made and well received by all present, made especially in the interest of the National Guard of Arizona.

After enjoying the repast and the speeches, as it was getting late, we adjourned to meet again in the future to enjoy ourselves in a similar manner. It was hoped by many that the old veterans of the civil war may live to enjoy many more such occasions.
J. M. PIKE.

Pythian Sisters

The regular meeting of Purity Temple No. 9 was held Thursday afternoon and was a very enthusiastic one and well attended. A great many different things were discussed for the winter. The team is contemplating giving a dance some time in November, the proceeds to be used toward the team's outfit.

A letter was received from Sister Pearl Clafin thanking the members for the beautiful flowers sent her. The temple has accepted the invitation of the K. K. to attend their picnic at the fair grounds Nov. 7 and each one is requested to bring lunch for two or more.

Woodmen of the World

Commencing with October, the Phoenix Camp No. 5 meets again every Monday evening at the K. of P. hall. All sovereigns are urged to be present, calling the immediate attention for a busy winter campaign and other matters of importance that will come up for discussion tomorrow evening.

The last meeting night was a social affair. The members of Phoenix camp were the invited hosts of the Ladies' Circle to an ice cream parlor, which was enjoyed immensely by all who participated.

Daughters of Rebekah

When called to order Thursday night, Oct. 1, all of the officers responded to roll call the first time since installation in July and were greeted with a round of applause. Two candidates were elected to membership. Sister Baily, captain of the circle, was busy distributing green badges, but the pinks got there with two applications.

During a recess quite an excitement was raised over a pillow fight which had been contemplated for some time. Sister Nellie Troit had made a pillow with Father Wiley's picture on it to be given to the one who could most successfully pull off certain feats of agility. Little Eddie Kane was the winner.

After some discussion it was decided to hold a joke contest at our next meeting, Nov. 6, when a prize will be given to the one who springs the best joke. One the whole, Arizona Rebekah lodge had the most interesting meeting held for months. All visiting Rebekahs will be given a cordial welcome.
ELEAZER.

D. O. K. K.

Boys the date is settled for our next ceremonial, Tuesday night, November 4, is the date we take the fresh tyros across the hot desert sands.

Every dokey should get busy with an application and sign upon some loose tyro. The bigger the class the more fun in store. Our street parade will be a dandy, the committee is working faithfully upon this feature. Get busy votaries and let's have a class of fifty.
J. F. POWELL,
Royal Vizier.

Uniform Rank.

By order of Captain Parks, every member of the Uniform Rank will be present at a special meeting Sunday afternoon at 3 P. M. October 19. Everybody in uniform and side arm.

It is the desire of our captain that we have as many drills as possible between now and the date of the competitive drill fair week. If we expect to win the Royer cup we must get busy and drill hard.

JAMES PARKS.

Knights of Pythias.

Last Friday night was given over to our annual roll call and a fine get-together meeting we held. Twenty-two visitors were present and each from a different state.

Many dandy compliments have passed between the boys over our success last Friday evening.

We hope that all the visitors who were present at our roll call will be with us next Friday night as we would like to hear from each one personally.

The rank of Esquire will be conferred next Friday night upon two Pages, come out and see our team confer the work, it will be an evening pleasantly spent.

CLIFFORD MADDOX.

"Battle of Gettysburg," Plaza Theater, Monday and Tuesday.—(Advertisement.)

THE SONG OF THE RAIL

Life here in town is too bloomin' monotonous. Stickin' around at a regular job. All the time somebody bossin' or spottin' us;

Say, we don't fit in a laborin' mob; Things here is much too precise an' pernickety

Bo, I would just as soon be in a jail.

Us for the road an' the wheels that go "clickety clickety" on the glimmerin' rail?

Judges'll call us a "shame to society." Brakemen'll bounce us off onto the ground.

Trampin's no cinch—but it's full of variety.

Here, we're just ploddin' around an' around!

Say, bo, we'll wither up sure, if we stick. Let's hop a rattler with wheels that go "clickety clickety, clickety clickety!"

Berton Braley, in The Popular Magazine.



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Same room finished in one of many beautiful designs, possible with BEAVER BOARD walls and ceilings.

BEAVER BOARD

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It costs less; is more quickly and easily put up; is durable, sanitary and artistic.

It will not crack, chip or deteriorate with age; it deadens sound, keeps out heat and cold, retards fire, and withstands strain or vibration.

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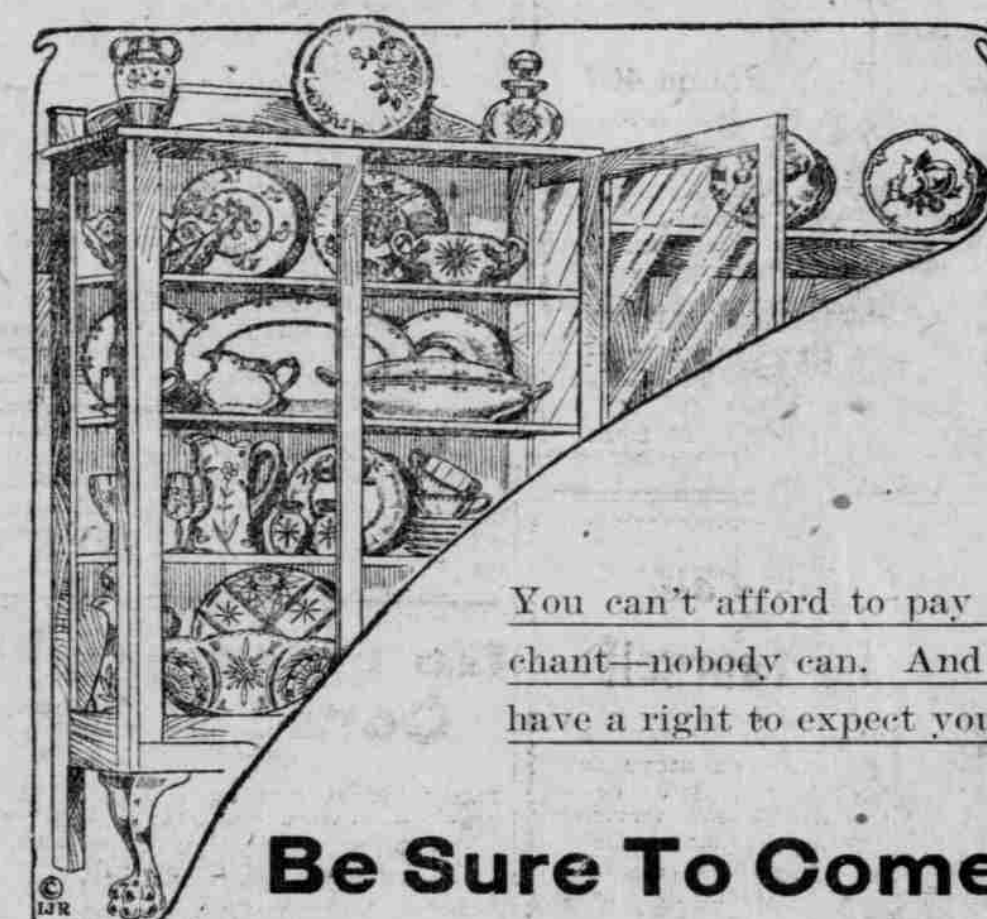
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EVERYTHING FOR THE HOUSEHOLD

The Woodward Tire Pump

A Necessity To Every Automobile Owner

Just as sure as the "self-starters" have superseded the dangerous cranking method, so the Woodward Power Tire Pump will make the hand pump a thing of the past. It simply had to come—it's here, and now the back-breaking work is over.

The small cut shows how easily the Woodward is attached to the engine cylinder. The two handles enable you to attach and detach without using a wrench. They are insulated to prevent any danger of burning your hands. It is always ready for use, and will pump a 34x4 inch flat tire to 75 pounds in four minutes.

It is handsome in appearance, being highly polished and beautifully nickel-plated. PRESSURE GAUGE—The tire gauge attached to the hose is the best on the market, and registers absolutely correct pressure.

12-FOOT HOSE—With each pump we furnish a 12-foot hose, made of best quality rubber, covered with finely woven silk. It is very flexible and takes little room when coiled.

The pump is guaranteed and will be replaced by a new one if found defective, or money refunded if not found as represented. Price, complete, \$15.00. Agents wanted.

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